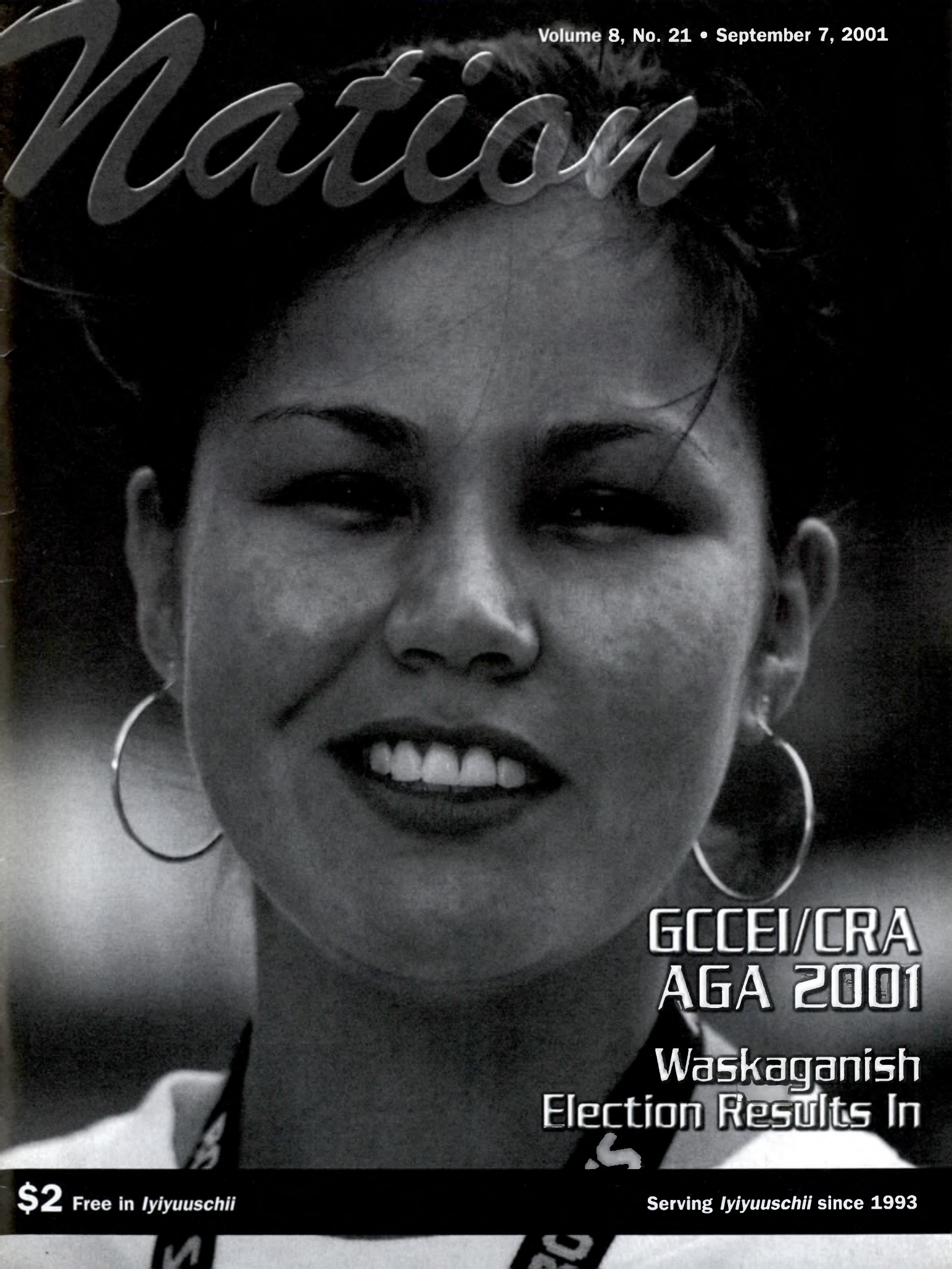


Volume 8, No. 21 • September 7, 2001

Nation



**GCCEI/CRA
AGA 2001**

**Waskaganish
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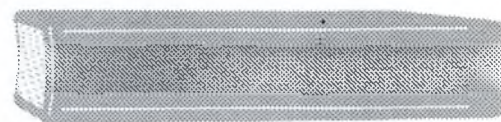
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POST-IT POST HASTE

One has to admire the total lack of knowledge retention and disregard for historical facts as well as the predictable rhetoric that the National Post seems to Post-it Post Haste require in their overtly Caucasian editorial staff writers. It's more than obvious, it's downright in your face, with the extended middle finger waving in the air... at least as far as Aboriginal Peoples are concerned.

The August 28 National Post editorial talks about the \$7 billion that permits "tens of thousands to be spent on each reserve household." In Cree country we calculated that it was around \$13,000 per household compared to southern non-Native households who averaged \$25,000 per household for similar services.

National Post-it notes that Native communities are "beset by higher rates of chronic ill health and infant mortality, lower incomes, higher rates of welfare dependency and substance abuse, more youth suicides and inferior infrastructure."

Now get this, the writer blames only corrupt and incompetent band governance. Talk about the big lie. Didn't the writer even do any research at all? Obviously not or he would have seen the same reasons used to sterilize women, take children and foster them out and justify the residential school system. All this happened before Native leadership got to administer their own poverty!

The solutions are simple; all Aboriginals should become a part of the "greater society of Canada" that the writer seems to be so proud of. A society he is part of and wants to assimilate Aboriginal Peoples into. Hasn't he read the international definition of genocide, because isn't that exactly what he is advocating? This same thing has been advocated in the past and enforced. The results were the deplorable conditions that the National Post tries to attribute to the "poorly educated and nepotistic native leaders" that we

supposedly suffer from *en masse*.

As for blindly handing over money, nothing could be further from the truth. Audits are required and controls are more stringent than in non-Native communities. A non-Native community like Toronto is allowed to have a 25 per cent or more deficit in Ontario compared to 8 per cent for the Native community across the board in Canada.

The solution called for by the National Post is the movement of Natives from rural to urban areas. This too was tried in the past when the Federal government had something called the Buffalo Jump Program. This is where Native communities were designed to be so bad that Natives would supposedly flock to the cities and become disenfranchised. It didn't work then and it won't work now. But it is interesting to note that this program may have been the basis for some of those deplorable conditions the writer talks about.

Looking at the examples of cities as a place where the "pathologies bred of isolation and welfare dependency are more rare" I would have to point out the example of Winnipeg with its high Native population. It is full of pathologies if I have ever seen a place with such things. The Post never addresses Saskatchewan where Native men were left to die, allegedly by police.

As for the Federal Government deciding on its own what is best for the Indian in its Governance Act, we have seen the past results of similar processes and never again will Natives allow themselves to be un-consulted as to their future. All in all, I felt the National Post editorial should be one that Coon Come takes to South Africa with him to show the level of benevolent racism that is prevalent in a national newspaper.

Has it ever occurred to the writer in question that when he mentions "natives should cease to be considered outsiders in their own land," that he might actually be an outsider in Native land?

by Will Nicholls

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Waswanipi Graduates
Photographer: Neil Diamond
Cover Design: Mona Laviolette

OUT OF CIGARETTES

It was a cool fall day when we, a trio of young lads, decided to go out on a major hunting expedition out on the islands of James Bay. We thought of everything, including a camera to record our incredible hunting prowess. We picked Big Mand for our spot for the week or so and busied loading up our 16 footer with the latest in technology, a Johnson 9.5 horsepower screamer. We set off in calm waters and slowly made our way to the island, weaving in and out of killer reefs and shoals like the pros of old. Yep, it was the adventure we never knew was going to happen.

It came around the tenth day and we noticed that after surviving gale force winds and typhoon like rainstorms, sleeping in collapsed tents flapping in our snoring faces, bagging quite a few fowl and generally having a great time, that we were running low on cigarettes.

Buddy looked at me and spoke of my light smoking habit and perhaps had thought of asking me for my share, since he smoked like a chimney since he was six or something like that. But, he didn't ask, at least not just then.

We rationed out the remaining sticks of death and planned our smoking spots, watching each other like wary wolves, making sure that the other didn't light up and get that extra whiff of nicotine on the sly. Slowly, over the next few days, while still coping with hurricane alpha (it was the first hurricane in James Bay, I swear), our tobacco ran out.

So, we made a plan to recycle our smokes and gather up all the butts where we had lit up, in various points on the island. Our memory of where we had a smoke became instantly clearer as we gathered up enough butts to make ten more cigarettes. We had carefully dried the wet weeds and made another three or so. Another day went by and the geese and ducks never seemed to end and the berries just begged to be reaped. It was heaven, until our tent fell in our faces again during another tumultuous storm.

"I've had it!" Buddy exclaimed, "let's go home". We all agreed, since we ran out of tobacco and hard tack bisquits. It got so bad we thought of smoking tea leaves, but the smell was a bit too reminiscent of the other wacky baccy. The storm had finally subsided to a mere forty knot wind and calming down even more so towards the evening when we had the canoe all loaded up with our wet tent and gear and our kill for the last two weeks.

Just when we were ready to board the canoe, Buddy took off after his last flight of geese, bagging one as a result. This took time however and the sun was setting fast. Buddy returns with a big smile on his face knowing we'd be soon back to a place where there's tobacco. A pair of belugas appeared and headed in our general direction, northeast.

Soon, we were awash in three to four foot waves in the dark and I was bailing for all it was worth with our trusty teapot. I was a little worried as the water sloshed around and I bailed even faster. Buddy was up front and didn't see the shoreline of a shallow sand covered shoal. At last, at least some chance to empty the canoe, I thought. We turned around and headed back out to the large swells, and within several minutes, washed ashore again. I knew we were out in the sand flats of Fort George and only had to move on towards Governors Island and we set out again, only to crash into Governors. We quickly headed due east and made it up against the current to Fort George. The night-lights only made it better for Buddy, since he was dying for a cigarette. I'm sure he would have swum to shore if he knew how.

We finally geared up after landing and sloshed our way home, completely soaked to the skin, yet happy. My mother was a little surprised since she told me that I wasn't to return for another two days or so. I made it simple and said "We ran out of cigarettes and Buddy had to come back". Should of quit smoking while I was ahead.

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Heat Wave on for First Nations

The 30-day cooling period is over according to Indian Affairs Minister Robert Nault and the consultations on the proposed native governance legislation will go ahead. This will happen without the consent or participation from First Nations leadership if they can't come up with some sort of plan the Fed's are willing to agree to. Nault rejected further delays but said that he is hopeful that the AFN will come up with a work plan. Nault resumed his consultations on September 1. Native leaders had threatened to blockade highways if Nault did not abandon his idea of consulting with individual First Nations Peoples. The AFN has said they believe the government is manipulating the results by going around the chiefs.

Nault dismissed the threat of blockades saying he didn't feel people would go to those "extremes."

Tensions though are rising already in Indian country. Burnt Church is once again the focus of the continuing lobster wars. In B.C. two First nations bands have managed to upset the provincial government by claiming the land on which legislature stands. Barriere Lake Algonquins have seen the closing down of all forestry operations in Northern Quebec.

Phil Fontaine the former National Grand Chief feels that First nations are looking to local economies and wants a more conciliatory approach. Dwight Dory of the Congress of Aboriginal Peoples feels the same way and said the AFN strategy could backfire.

The Quebec Native Women's Association has withdrawn from the consultation process saying they were refused by the federal government when they asked to do their own consultation process. The QNWA said that their process was more appropriate than the Fed's plan was according to Suzy Basile, Vice-President of the Association.

Nault also was upset that National Grand Chief Matthew Coon Come is going to the World Racism Conference on "taxpayers" money. Coon Come will be meeting with Nault when he returns from South Africa.

-Will Nicholls-

FED'S ARE THE PROBLEM SAYS ABL

The Algonquins of Barriere Lake (ABL) say they will be suspending most logging operations in their territory after the federal government unilaterally cut funding for an innovative co-management forestry project.

The Department of Indian Affairs notified the community 140 km north of Maniwaki in July that it is cutting funding of approximately \$1 million for the Trilateral Agreement, a pact between Quebec, Ottawa and ABL to complete an integrated resource management plan. The Barriere Lake community gave their leadership a strong mandate August 14 to end logging operations that have yet to complete a harmonized management plan.

According to ABL policy advisor Russell Diabo, a regional Indian Affairs official suggested the community use its capital fund – reserved for housing, infrastructure and electrification – to fund the agreement. "There's already been quite a bit of work done," said Diabo. "So it's all quite curious."

The funding cut jeopardizes the \$40 million forest industry in the La Verendrye Park region. The agreement covered an area of 10,000 square kilometres and would have been completed within 16 months, Diabo said. It is designed to establish harmonizing measures, such as buffer zones around areas like lakes and rivers, wildlife wintering and calving zones, and to safeguard other sensitive zones used for traditional activities.

These zones are verified on the ground by community representatives with an independent forester. The logging company then

adapts its logging plans based on the joint report.

The prototype area of Gull Lake would be applied to other zones. But all logging operations except one (which has completed a harmonization plan) in the region are now threatened by the abrupt cessation of the trilateral agreement.

"The Quebec government is onside," said Diabo. "It's the feds that are the problem here. The trilateral agreement is outside the comprehensive claims policy, which is where the government is trying to push other First Nations in Quebec. This is not a Cadillac process; it is – as Jean Chrétien likes to say – a Chevy."

The Algonquins say they have already received support for their position from Quebec forestry giant Domtar. The head of Domtar's Val d'Or operations, Michel Sigouin, wrote a letter to the Quebec Ministry of Natural Resources to help avert a shutdown. "We are counting on you to take the necessary measures to resolve this and prevent a situation that could affect the supply to the mills," wrote Sigouin.

In a statement, ABL Chief Harry Wawatie said he welcomes Domtar's letter. "We have said from the beginning that our community is not against logging as long as it doesn't become a threat to our traditional way of life. We will respect cutting in areas that have undergone the measures to harmonize."

The Barriere Lake region was the scene of logging confrontations in the late 1980s and early 1990s. Wawatie says that if the federal government does return to the table, the Integrated Management plan for the region can still be completed.

Lyle Stewart

Another Season Of Good Results For Gabriel Rabbitskin-Quesnel

To The Nation

These few words are just to keep you informed on Gabriel Rabbitskin Quesnel's 2000-2001 swimming results. As you may have read in **The Nation** before, in this past year Gabriel joined higher caliber of swimming levels (AA & AAA), that resulted in participation in more competitions across the Province organised by the Québec Swimming Federation and sanctioned by Swim Canada. In all, he participated in seven provincial competitions this year. In each of these competitions he improved some personal bests and added new events as well.

Gabriel did not qualify for the Jeux du Québec. However, he did very well at the East-Québec Jeux du Québec finals in June. He completed that final with three medals (out of five events) ; Silver medal in 200m breaststroke, Bronze in 200m backstroke and Bronze in 200m medley.

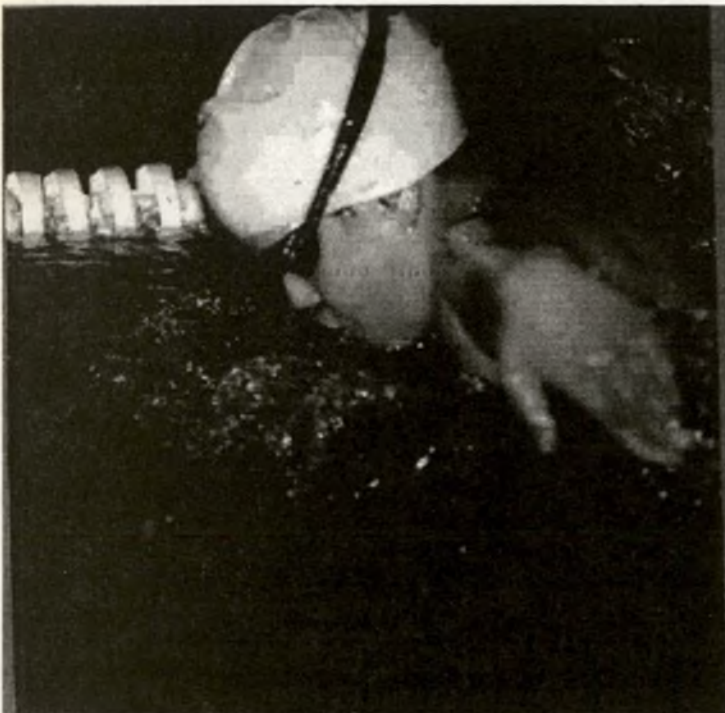
He missed the qualifying time for the Jeux du Québec on 200m backstroke by 45 hundredths of a second. That did not stop him from continuing and a few weeks later, in July, he competed in the First Edition of Montréal Swimming Festival where he came back with a Gold medal in 500m open water, held at the Olympic rowing channel at Ile Ste Hélène.

His other results this year include a Silver medal in 100m Free style and a Bronze medal for the 200m Breaststroke at the Provincial East Section Team Championship in Alma. Thank you to all the family and friends from Mistissini who travelled to Alma to cheer Gabriel on.



His goals for next year are already happening. His training will start in September, 2001. He is hoping to participate in the North American Aboriginal Games next August in Winnipeg. And now that he has experienced competing in open water, he is considering training for Lake Memphrémagog and Lake St-Jean, possibly swimming in 1km or 2km events.

Again thank you for the support provided to Gabe this past year. He's looking forward to continue representing his community the best that he can at each event. Thank you to the Mistissini First Nation and to the Cree Regional Authority:





FEAR AND LOATHING IN BURNT CHURCH

Tension continues to mount in New Brunswick over fears of violence relating to the lobster stand-off in Burnt Church. The federal government has criticised the Native community for refusing to negotiate and has announced its intention to place heavy limitations on the band's lobster fishery.

New government restrictions will prohibit the Mi'kmaq from trapping lobsters for commercial reasons and they will only be permitted to trap until October 20. The official statement issued by Herb Dhaliwal, Minister of Fisheries and Oceans, sets out boundaries that serve to shrink the legal fishing area as well as the number of lobsters to be caught.

"It is deeply regrettable that Burnt Church First Nation has now withdrawn from dialogue and I hope this is not a sign that we are returning to another season of conflict," the Minister said. Mr. Dhaliwal claimed that his department had tried to arrange a meeting to discuss government proposals that would permit the band to maintain a limited commercial fishery until October, but he had received no response.

Burnt Church Chief Wilbur Dedam did indeed respond, but not directly to the government. At a news conference, Chief Dedam explained that the offer was rejected since it contravenes constitutionally guaranteed rights that allow the band more freedom in its lobster trapping activities. Chief Dedam went on to suggest that the Burnt Church First Nation is not against entering discussions with the government, but they are "opposed to signing any federal interim agreement which fails to respect our aboriginal and treaty rights."

Fears of violence center largely on growing tensions between Native and non-Native fishermen.

Non-Native fishermen worry that Native fishing activity in the fall will have an adverse affect on the spring catch and the lobster population on the whole. Some 20 non-Native boats had moved into waters off Burnt Church in a show of disapproval on August 26th. The non-Native fishermen had been accused of tampering with Native trap lines, but police monitoring the scene said they saw no signs of damage or direct confrontation.

On August 30th, Federal Fisheries Department officers seized lobster traps in what one band member referred to as an "act of aggression."

James Ward, a Mi'kmaq warrior, described the police action as a "hit-and-run-operation. We're still assessing the damage and exactly what happened."

Though fisheries officials were unavailable for comment after the Thursday morning raid, a non-Native witness claimed to have seen some 50 traps removed by the officers. The action involved four fisheries patrol boats and happened too quickly for Native boats to respond.

The raid took place in waters off Burnt Church that Ottawa considers to be outside the legal fishing zone for the reserve of roughly 1,400 people, but the Mi'kmaq don't recognize the newly imposed limit. The traps were taken from the outer ring of where most of the traps were set.

Though there was no confrontation arising from the most recent incidents, the band's determination to maintain their fishing practices, the government's insistence on enforcing restrictions, and resentment on the part of local non-Native fishermen have kept the everpresent fear of violence on the front burner.

by Brian Zelnicker

Waskaganish Band Results

It was a community election with results that were eagerly awaited throughout the Cree Nation. One of the great Cree statesmen from the past would be running for Deputy Chief, Billy Diamond. Newly elected Deputy Chief Steve Diamond said "I was surprised by the margin by which I won. I will have to live up to that level of support. I haven't much political experience and I was running against a formidable opponent."

Diamond, 28, says he didn't have much time to get really nervous during the campaign since he was also getting married. "Thanks to all my supporters for the wedding gift," he joked adding he didn't expect to win when he heard he was running against Billy Diamond.

Diamond attributes his win to the "youth flexing their muscle," saying that they may have felt they weren't really represented on the Band Council.

Diamond hopes to bring a fresh perspective to the Council and says his background in accounting may help to make some sense out of Waskaganish's problems. "Waskaganish has had some problems in that area in the past," he admitted.

Election results in Waskaganish - August 28, 2001.

Deputy Chief

Diamond, Billy	136
Diamond, Steve	302

Steve Diamond duly elected as deputy-chief for a mandate of four years for the Waskaganish band.

Four Councilors

Blueboy, Gordon	322
Diamond, Ian	114
Diamond, Ronald	179
Diamond, Shirley	139
Hester Jr., Walter G.	232
Jonah Jr., James	236
Moar, Bert W.	187
Weistche, Alec	239
Whiskeychan, Angus	81

Duly elected councillors of the Waskaganish band for a mandate of four years:

Gordon Blueboy, Alec Weistche, James Jonah Jr. and Walter G. Hester Jr.

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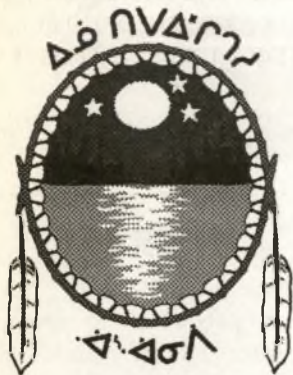
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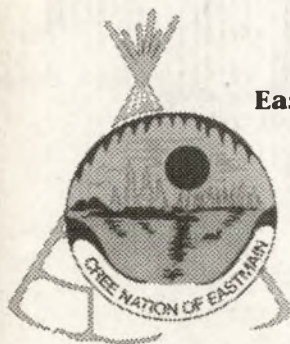
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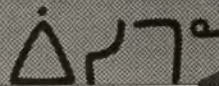
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by enjoying the good times and
persevering through the hard times*



National Chief Attends Racism Conference

Matthew Coon Come is off to Durban, South Africa to take part in the World Conference Against Racism. The National Grand Chief is hoping to use the world stage to gain recognition for the rights of Aboriginal Peoples around the world. Mr. Coon Come is especially keen on drawing attention to the fact that although Canada basks in a golden reputation for being a world leader when it comes to human rights, Native people in Canada face systemic and institutional racism on a daily basis.

"Racism is a fact of life for our peoples in Canada," Coon Come said. "Governments and institutions may deny it but we experience it. When we demand the recognition of our rights, the state will use its armed forces against us. We have seen that in Oka, in Ipperwash where one of our unarmed citizens was murdered by the state, in Gustafsen and again last year in Burnt Church. The world must know the truth about Canada."

Coon Come also cited the high rates of "diseases of poverty and dispossession, such as tuberculosis and diabetes" suffered by the Native population, the alarming suicide rate among children, and unemployment rates as high as 85% in many communities, as examples that Aboriginal people are "excluded from the Canada known and taken for granted by all other Canadians."

The South African conference had already drawn a great deal of attention before it officially got off the ground due to threatened boycotts on the part of nations including Canada and the United States over claims of anti-Semitism in some of the conference literature and on the part of pro-Palestinian participants.

Fontaine To Head ICC

Former National Grand Chief Phil Fontaine has been named as the new Chief Commissioner of the Indian Claims Commission. The appointment, announced August 29, had the full support of acting co-chairs Daniel Bellegarde and P.E. James Prentice. "We were originally appointed co-chairs on a temporary basis until a Chief Commissioner was named,"

said Mr. Bellegarde. "Along with our colleagues, we have been calling for such an appointment for some time."

Mr. Bellegarde and Mr. Prentice have resigned as co-chairs, but both will stay on as commissioners and will be available to help Mr. Fontaine through the transition period. The Indian Claims Commission, established in 1991, serves to examine specific claims rejected by Indian and Northern Affairs Canada. It exists as a neutral entity, independent of both the federal government and First Nations.

B.C. Land Claim Threatens Legislature

Two Native groups have taken legal action to establish their rights to the land on which the B.C. legislature sits. The Esquimalt and Songhees bands, from the Victoria area, have filed a 15-page statement of claim with the Supreme Court of British Columbia in which they seek a declaration that the legislature rests on land that is legally theirs through treaty rights.

A deal was signed between the bands and colonial governor Sir James Douglas back in 1850. The terms of the agreement ensured the Natives a reserve on the very piece of land where the legislature buildings now stand. Construction on the buildings first began in 1893 and was completed in 1916. The site is prominent as it sits on the

beautiful and popular Inner Harbour of Victoria.

"It is my intention to attempt to defend the right of the citizens of British Columbia to be the owners of their legislature," said B.C.'s Attorney-General Geoff Plant. Mr. Plant, who is also the Minister responsible for treaty negotiations, added that the province will only file a statement of defense after it has had the opportunity to more closely review the suit filed by the two bands.

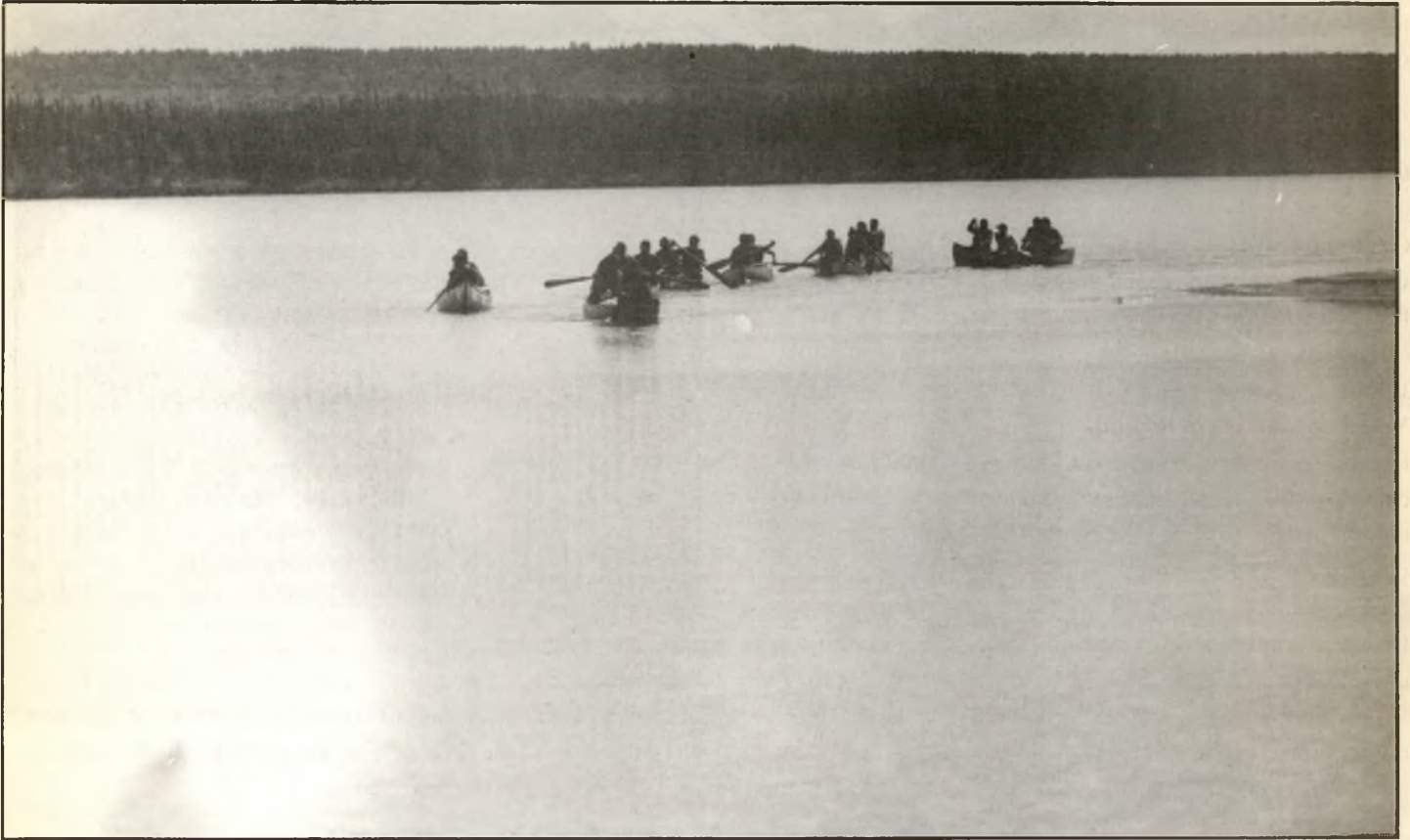
The Native claim argues that no release was ever given to develop the land, and that there had never been any extinguishment of treaty rights in the area. The Canadian government has also been included in the suit due to the passing of an 1876 federal order in council giving title to government buildings on the site to the B.C. government.

"They wouldn't be going to court if they didn't think it was a solid claim," said Greg McDade, the Vancouver lawyer representing the bands. Mr. McDade feels that the case is a strong one in that there is a "significant record" on which the claim is based. He also said that the focus of the case is not the legislature itself, but the land on which it is built. "The legislature is simply incidental to the lawsuit," he said.

The legislature land claim comes in the wake of Native disapproval over provincial government plans to hold a referendum on how land-claims treaties



AGA 2001



Neil noticed that there was a depressing lack of doodling at the GCCEI/CRA AGA in Nemaska this year. I don't know if the delegates were less artistically inclined this year or saving them for making something they could sell to tourists and Crees alike. It would be a horrible thought if the Nation's printing of past doodles stifled a delegate's freedom of expression. I really enjoyed them, myself.

Of course maybe things were just a bit more serious this year. The Cree entities came under a bit of questioning but it wasn't anything they couldn't handle.

The evenings were more fun with a bunch of different shows. They had karaoke to Cree musicians performing. Got to see an old friend in the form of Morley Gunner. Asked him he was going to perform Your Cheating Heart and said the last time I listened to him do that song was about six in the morning at a community wedding reception. He said that was about right.

Neither of us even had to mention we no longer do the six in the morning thing anymore.

But I thought I was there when I heard Ashley Iseroff singing the karaoke version of When The Lions Sleep At Night. In the Jungle, the mighty jungle I am joking of



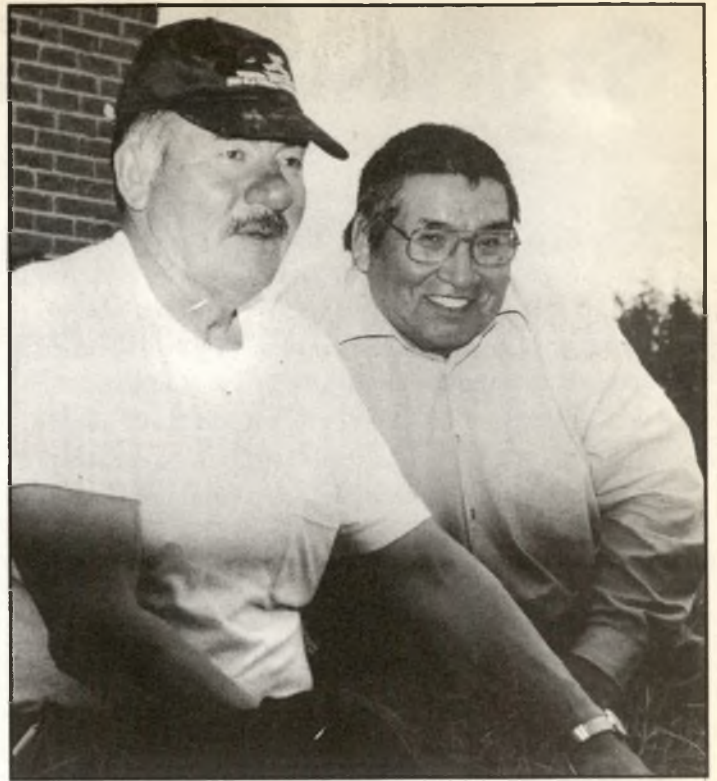
course.

I missed Morley that night he was serenading Nemaska. I was in the bush doing a Sweat Lodge ceremony with a bunch of old friends. Larry House put on the sweat for us. Neil and myself went picking blueberries for it. It's always good to partake of the land's bounty. Neil though got an eye swollen due to the black flies. Thank the creator it wasn't his camera eye. Of course, Neil "forgot" to have me take a picture of him. That would have been one for the wall of infamy.

Got to go fishing with Roger Orr. He caught them all whilst I tried out borrowed equipment. Can't blame Roger for saving the best hook for himself. After all, it's not often someone gets the best of a Mistissini fisherman. Joking again, but I learnt where Nemaska got its name. Yes, there are fish in thar hills.

One day a group of Youth from all over Eeyou Istchee came paddling in during lunch hour. I checked them out and their strokes were strong, perhaps a prophecy of the gathering strength of the Youth movement in Cree land. Neil and myself joined the delegates for a meal. It was a feast featuring goose. I salute and thank the cooks for their expertise in creating a meal fit for a king.

These are the things I remember best about the AGA. Not the reports and presentations, as interesting as they were, but the moments that surrounded any Cree AGA. It is the



social participation that I find is as important as the political and economic components.

In the end some important decisions were made. Sadly they weren't ready at the time of printing so they will be ready for your perusal in the next issue.



STARTING ON A HEALING JOURNEY

First of all, I am one of the members of the Whapmagoostui First Nation. I was raised in Whapmagoostui in all my life, my name is John-Clarence Kawapit, 32. I would like to put some lines here and tell you what I've been through in all my life, and I won't be ashamed to talk about me and my family, because I really want to get a better life and understanding of what is going on in my life. I have been put away from my loved ones too many times because of alcohol. Alcohol is the major problem in my life.

I was raised by parents who were alcoholics and I was abused so many times. I got beaten up almost every time my parents drank. I used to hide under the bed or behind the furnace, and I'd remember sometimes when my parents drank alcohol, they used to let me drink one or two beer just to put me to sleep, and I was only seven or eight years old. Ever since, I'd start growing older and I always wanted to drink alcohol and get drunk. I wanted to be like my father because that's the way I'd see him drinking all the time, when he drinks alcohol he would beat up my mother at all times and I would watch him doing that. I was so scared every time my parents were drinking, my father would use a broom stick when he beat us up.

Ever since I saw my father doing the things he did, I thought they were normal things to do. I thought my father was a cool guy, a guy who can use alcohol and beat up his wife, so since I start growing up and reached 18, I started going out with girls, I would do the same thing, what my father did to my mother, beating them up badly. I lost so many relationships with girls, just because of my drinking and beating them up. I am an alcoholic still, and I am in prison at this moment.

I've been in jail so often, almost every year since I turned 18. I know I have hurt so many lives since I started drinking. The last time I got charged was last year, I got arrested because I'd assaulted my wife. I have a wife and a child. I nearly lost my wife because of what I've done to her. She was planning to leave me

behind and DIVORCE me.... When I went to court in September last year, the judge gave me a chance, he gave me a conditional sentence and I was a client of the Justice Committee of Whapmagoostui. I was sent to the bush for seven months, and then in February this year, I failed again and got sent back to Jail and then I got released again on March 15th. I failed because of alcohol. I was arrested while I was intoxicated.

When I got released again in March, I was sent again to the bush and did my time there. I was in the bush without a counselor, but I was with an elder for a while and then I was sent to another camp where there was no one there to counsel me, but I was with other campers which was ok. When I was there I got really depressed and sick.

When I came back to Whapmagoostui, I would stay there for two nights and then I got sent to the other camp by canoe. I was so depressed that I didn't have much time to spend with my family, I was very disappointed when I was at that camp. I had a breathing problem and I'd asked the Justice Committee to move me nearer to Whapmagoostui. They said they couldn't say no or yes, because they did not have the authorization to do that. So I went anyway, when I arrived in Whapmagoostui, I didn't go to my place (home), I waited for someone down the river to get me and take me to my father's camp. I thought this would be ok. I'd stayed there for two weeks, and on July 3rd the probation officer asked me to meet with her. The policemen stopped me and arrested me, took me to Amos detention, this is why I'm here, I'd put my foot where I was not supposed to go.

I haven't drunk or done drugs since last February. I am writing this letter because I really need help. I was doing my traditional healings, I'd started to go to sweat lodge since I had really needed help, it did really help me and I had a good experience while doing my traditional activities. I've been trying so hard to get a better life and working so hard to solve my problems. Even that I'm here in this prison I am still seeking a



better life but it is very hard to find a way to think in a positive way, there is not much choice in prison, all we do is smoke cigarettes and play some cards and watch television each day, you see. Even I'd tried so hard to work it on myself, it seems like nobody cared what I was trying or doing to get myself straight.

I have worked so hard in these past three years. The first year I started to get a better life, I was working on that thing called cocaine, I was really on it that drug and I knew, it nearly killed me but I'd stopped using somehow and in the second year, 2000, I decided to stop smoking dope and I did it again, I stopped. And now this is my other step I wanted to take, it's to stop drinking. I am crying for help, I am desperate for help. I know I have to do it for myself. I know that the alcohol is poison for me. I know I'm not the type of person who can drink alcohol. I know I can kill someone if I was a monster, and I know I can't do it without God's help. Since I've been here, I've prayed every night and ask God to help me to get through this mess I'd made and I ask our Father to protect me while I'm here, that's the only thing we can do here in prison is to pray.

When Native people are here in prison, they don't get much help. All we do is worry our loved ones. Here in prison we don't eat proper food, we eat second-hand food or leftovers. We don't see outside, we can't take fresh air, but we do go out 3 hours a day but no fresh air, when we have a chance to go out all we see is a concrete wall - cement. We don't see trees, you see.

I've seen so many people here in prison and every time when I arrive here, I always see the same faces, and they always have the same stories when I'd ask them what are they in here for - alcohol. That's an example, we don't get any help at all in prison. We are Native people and we have to do something about it. That's what I always told our brothers I'm living with right now, and here I am writing a letter to our fellow Crees. I hope and I pray you people out there won't take my story in a wrong way. I am writing this letter because I need your support, love and care. I am really sorry if someone gets mad over this letter I have written. I am so tired of being scared all my life, I'm even scaring myself for writing this letter. So I guess that will be all for now. You might hear from me again someday.

Yours truly,
John-Clarence Kawapit
Whapmagoostui

Let's Do Launch



Chisasibi was hot in August. First the community hosted the country wide Cree Nation gathering of its confederacy. Then there was the annual Pow Wow on Fort George Island and the countless summer weddings. Closing the two-week long festivities, the James Bay Cree Communications Society held the official launch of their regional radio network by broadcasting a live concert from Job's Memorial arena to the nine Cree communities.

An event isn't an event in Creeland unless the show starts at least an hour late, waiting for people to show up. There was discussion whether to blackout Chisasibi from the broadcast to get people to attend, but someone was listening on his car radio on the way to the show when the broadcast died.

Thus, the patient crowd and radio listeners heard and saw performances by the infamous and legendary Chisasibi Rockers. The "Rockers" have been together for 30 years and are known for touring the windy James Bay coast by boat, once having to find refuge on a tiny island to dry their guitars. They may not be as old as the Strolling Bones but they are a comeback band who knew their time was here.

Other performers were Mistissini's Morley Gunner who made everyone smile with his between-song jokes, loud red shirt and old country songs. Matthew Iserhoff sang a passionate version of U2's Where The Streets Have No Name. Deputy Grand Chief and fiddler Matthew Mukash came on. Someone shouted out a request for "The Orange Blossom Special" after the Deputy's first song. Other performers were Robert Bobbish, Roger House, Daryll Hester and Pakesso Mukash. The performers were backed up by, for lack of an official name, the Randall Prescott Project. Randall Prescott of Rip Roar Music was conveniently in town recording a compilation album of Cree musicians.

Francine Weistche of Waskaganish was joined onstage by all the performers and ended the evening with Amazing Grace.

This was the first time JBCCS aired regionally. In its 20-year existence JBCCS members have started small radio stations, published the Cree Ajemoon newspaper, and dabbled in TV - all the while struggling to survive miserly budgets.

But things have just gotten better financially. "We didn't expect it," said Vice-president Raymond Menarick, of the \$500 thousand the

society received to modernize their community stations. Now listeners can tune in to Eastmain broadcasting all over Creeland. Imagine the bingos.

The party didn't end that night. The following evening, The Randall Prescott Project gave a concert performing songs by Steve Earle. They were followed by Sin City, an AC/DC clone band from Kitchener. People sat through the concert waiting for their favorite songs to be played, but no one heard Hell's Bells ringing.



Best of James Bay Survey

Back by Popular Demand

Individual Awards

Best Community Contribution
(Man) _____

Best Community Contribution
(Woman) _____

Most Outstanding El-
der _____

Most Outstanding
Youth _____

Most Outstanding
Tallyman _____

Best
Hunter _____

Best
Fisher _____

Fastest Goose
Plucker _____

Best Story-
teller _____

Best
Politician _____

Most Disliked
Politician _____

Best Band
Council _____

Worst Band
Council _____

Cree most Likely to Change
the system _____

Best
Athlete _____

Best
Cook _____

Best
Musician _____

Best
Artist _____

Best Cultural
Contribution _____

Best Cree Media
(person or organization) _____

Funniest
Cree _____

Smartest
Cree _____

Best Pool
Player _____

Best
Gossiper _____

Best Checkers/Chess
Player _____

Best UFO Sighting
Spot _____

Best Umpire or Referee _____

Consumer Awards

BEST AUTO DEALER

Hardy Ringuette ☐ Aubé ☐ Gareau ☐
Barraute ☐
Automobile Chibougamau ☐ Veillette & Johnson ☐
Other (Specify): _____

BEST SNOWMOBILE DEALER

Ou J'ai des Sports ☐ Indoho ☐
Other: _____

BEST RESTAURANT

Del's Restaurant ☐ Brien's ☐ Bar-B Barn ☐ Jacob's
☐ Kanio-Kashee Lodge ☐ Waswanipi Cafeteria ☐
Other: _____

WORST RESTAURANT

Kilometre 381 ☐ Moulin Rouge (Chiboug.) ☐
Other: _____

Best Hamburger

McDonald's Big Mac ☐ Jacob's ☐ Waswanipi Caf.
☐ Other: _____

Best Pizza

Mike's ☐ Pizza Hut ☐ Chisasibi Mitchuap Rest. ☐
Waswanipi Caf. ☐ Other: _____

Best Bar/Club

Winnie's ☐ Château Louis ☐ Château Inn ☐
Boréal ☐
Other: _____

Best Grocery Store

Meechum ☐ Chisasibi Co-Op ☐ Oudaa Store ☐
Other: _____

Rowdiest Bar

Château Louis ☐ Mont Bar ☐
Other: _____

Best Hotel

Sheraton Centre ☐ Journey's End ☐ Eskers ☐
Confortel ☐ Escalé ☐
Kanio-Kashee Lodge ☐ Other: _____

Best Hunting Supplies

Sport Expert (Rouyn) ☐ Ferplus ☐ Le Baron ☐
Other: _____



The Chief, Council & staff of
Whapmagoostui First Nation
wish all of the students
from Whapmagoostui &
throughout the Cree Nation
the **best of luck** during
the 2001-2002 school year.

*We encourage you to
work hard and better yourself
through your education.*

*Remember
you are the
future of the Nation.*



1st Annual Traditional Pow Wow

Montreal, Québec "The Nation" and "The Eastern Door", two aboriginal newspapers are proud to invite the general public to our 19th Annual Traditional Pow Wow, on **September 8th & 9th, 2001**. The Pow Wow will be held at the Bonsecours Island in the Old Port of Montreal. It will be held from 11:00 am to 8:00 pm Saturday, September 8th, and from 11:00 am to 6:00 pm Sunday, September 9th. The Pow Wow is a celebration for everyone to enjoy. It will feature dance, song, traditional fashions, family entertainment, arts, and food. **There is also an arts and crafts market, children's activities, and demonstrating artists throughout the day.** Visitors are strongly encouraged to participate in this peaceful and entertaining gathering. The Pow Wow provides an opportunity for local and tourist clientele to get to know Aboriginal nations through cultural and educational programming. Please join us in our grand event by celebrating traditions, pride and friendship.

Those interested in volunteering, dancing or performing, selling arts and crafts or food vending please contact Danielle at 514-272-3077 or e-mail us at montrealpowwow@yahoo.com.



Chisasibi Centre Inc.

P.O. Box 330, Chisasibi, Quebec J0M 1E0
Telephone (819) 855-2838

Best wishes

*for the upcoming school year and
remember education
is an opportunity
to better yourself
and contribute
to the future
of the Cree Nation*



Welcome Back Students

LUCIEN RABY
DIRECTEUR DES VENTES

Gareau

Centre de vente DE VÉHICULES COMMERCIAUX

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Fax: (819) 825-8980
1-877-625-6880

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Ferplus ☐ Other : _____

Best Sports Supplies

Podium ☐ Sports Express ☐ Sport Expert (Rouyn) ☐
Other : _____

Best Bridal Shop

Jaymore's ☐ St. Hubert St. Plaza ☐
Other : _____

Best Flower Shop

Helene Fleuriste ☐ Diane Fleuriste ☐ Serlivard ☐
Other : _____

Best Jewellery Shop

Bijouterie Riche Or ☐ Bijouterie Baribeau ☐ Bijouterie
Val D'Or Enrg. ☐ Other : _____

Best Children's Clothing

Petit Lutin ☐ Géant des Aubaines ☐ The Gap for
Kids ☐ Au coin des petits ☐ Other : _____

Best Toy Store

Toys'R'Us ☐ Dollarama ☐
Other : _____

Best Furniture Shop

Meubles Marchand ☐ Meubles Selections ☐
Ameublement Jeanne Inc. ☐
Branchaud ☐ Other : _____

Best Music Shop

HMV ☐ Musicon ☐ Polyson ☐ Mag Music ☐ Sam
the Record Man ☐
Christian Book Store ☐ Other : _____

Coolest Clothing Store

Le Château ☐ Bo Jeans ☐ Sears catalogue ☐
Stitches ☐ Northern ☐
Other : _____

Best Gift Shop

Wachiya ☐ Hallmark ☐ Michou ☐ Wal-Mart ☐
Other : _____

Favourite Airlines

Air Creebec ☐ Air Wemindji ☐
Other : _____

Best Overall Business

Air Creebec ☐ Cree Co. ☐ Kepa Transport ☐
Cree Construction ☐
Other : _____

Best Town for Shopping

Chibougamau ☐ Timmins ☐ Val D'Or ☐
Montreal ☐ Rouyn-Noranda ☐
Amos ☐ Other : _____

Best New Local Business

OPINION SURVEY :

" If I were Minister of Indian Affairs (please continue) ...

FAX TO: (514) 278-9914 OR MAIL TO:
THE NATION BEST OF SURVEY
5505 BLVD. SAINT-LAURENT #3018, MONTREAL,
QC
H2T 1S6

Name:.....

Address:.....

Phone:.....

Email:



Let James Bay know what you think!

News Release

"FLUSHED TO THE EDGE OF EXTINCTION"



The Grand Council of the Crees (Eeyou Istchee) delegation to the World Conference Against Racism (WCAR) in South Africa today released "Pushed to the Edge of Extinction", a 24 page Brief depicting systemic racism affecting Indigenous peoples in Canada.

"Our leaders, including National Chief Matthew Coon Come, have recently been dragged over editorial coals for stating that Aboriginal peoples in Canada are being pushed to the edge of social, economic and political extinction," said Cree Grand Chief Ted Moses. "But these are not our words! They are the formal conclusions of the federal government's own Royal Commission on Aboriginal Peoples, which included Supreme Court of Canada and Court of Appeal judges. The highest U.N. human rights monitoring entity, the U.N. Human Rights Committee, repeated this grave warning in 1999. The critics are shooting the aboriginal messengers rather than addressing the undeniable human rights issue."

"12,000 English and French copies of this comprehensive, full-colour Cree Brief are being put in the hands of all State Party and NGO participants at the World Conference," said Grand Council Executive Director Bill Namagoose. "Many of the diplomats, delegates and journalists our Grand Council representatives are meeting in Durban are learning for the first time that Canada has recently been found in violation of its international human rights obligations by virtue of broad systemic discrimination against Indigenous peoples."

The Cree Brief, which is based on the latest official sources and data, describes the conditions of native peoples across Canada, including mass poverty and unemployment, epidemic rates of suicides by native youth, disproportionate incarceration, land dispossession and environmental racism, and the repeated use of state violence against natives such as at Burnt Church, Oka and Ipperwash. The Cree Brief blames these dire conditions on ongoing discriminatory Canadian governmental policies of colonialism and dispossession.

At WCAR, the Grand Council is acknowledging Canada's official position in support of the applicability without discrimination of international human rights law to indigenous peoples, including the right of self-determination. It is calling on Canada to take a strong leadership position at WCAR to prevent a controversial provision in the final WCAR declaration that would undermine these international rights.

To obtain the Grand Council of the Crees Brief on-line: <http://uk.briefcase.yahoo.com/gccbrief>
Further information: Bill Namagoose (613) 761-1765, Bob Epstein (613) 291-3225 or
Andrew Orkin (at WCAR) 082-971-0181 (or from Canada 011-27-82-971-0181)



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GRAND COUNCIL OF THE CREES (EYYOU ISTCHEE)
GRAND CONSEIL DES CRIS (EYYOU ISTCHEE)



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CREE REGIONAL AUTHORITY
ADMINISTRATION RÉGIONALE CRÉE

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by Will Nicholls

This time around I am just all over the place with the recipes. I thought I would try to spice up the table with more than just a garlic bread. You might want to make both but I heartedly recommend the Jalapeno Breadsticks. The Cree Potato Salad is a variation of the ones I see at every feast. It isn't a bad one but you be the judge. The Bloomin Onions are something different for you to try as a side dish. It has an interesting taste that I think you'll enjoy. As for the Doggie Biscuit recipe I thought it was time I did something for man's best friend.

Jalapeno Breadsticks

- 1 tablespoon Unsalted butter
- 1/2 medium Onion; chopped medium fine cornmeal
- 2 teaspoons Active dry yeast
- 1/4 cup Warm water
- 1 1/2 teaspoon Sugar
- 1 1/2 teaspoon Salt
- 6 Jalapeno chiles seeded, & chopped (canned are OK too)
- 1 cup Buttermilk
- 3 1/2 cups Bread flour

Saute onion in butter over medium heat until lightly browned. Remove from heat and set aside. Lightly grease three large baking sheets and sprinkle them with cornmeal. Sprinkle yeast over warm water in a mixing bowl. Let stand until yeast is dissolved, then stir in sugar, salt, chopped jalapenos, sautéed onion, buttermilk and 2 cups of the flour. Beat mixture well. Stir in enough of the remaining flour to make dough easy to handle. Turn dough out onto a lightly floured surface; knead about 5 minutes. Place in a large greased bowl, cover, and let rise in a warm place until double, about 1-1/2 to 2 hours.

Punch down dough and divide into 4 equal parts. On a floured surface, roll out one part dough to form an 8" x 8" square. Using a knife or pizza cutter, cut the square into 8 equal strips. Place the strips onto prepared baking sheet. Repeat with remaining portions of dough. Let rise uncovered (1 hour or more for light, airy breadsticks; 30 minutes for a denser, chewier texture). Bake in a preheated 400 F oven for 10 to 12 minutes, or until golden brown.

Cree Potato Salad with a Twist

- 2 1/2 pounds small boiling potatoes
- 3 tablespoons cider vinegar, or to taste
- 5 hard-boiled large eggs
- 1/8 cup mayonnaise
- 2 tablespoons Dijon mustard
- 1/2 cup chopped sweet onion
- 3 large celery ribs

Boil potatoes. In a large saucepan cover potatoes with salted cold water by 1 inch and simmer, covered, until just tender, about 15 to 30 minutes, depending on size of potatoes. In a colander drain potatoes and cool to warm. With a sharp knife

peel warm potatoes and cut into 1/3-inch-thick slices. In a bowl immediately toss potatoes with vinegar. In a bowl mash yolks and stir in mayonnaise, mustard, and onion. Chop whites and celery and gently toss together with potatoes, mayonnaise mixture, and salt and pepper to taste. Serve potato salad chilled or at room temperature.

Bloomin Onions

- Batter-
 - 1/3 cup cornstarch
 - 1 1/2 cups flour
 - 2 teaspoons minced garlic
 - 2 teaspoons paprika
 - 1 teaspoon salt
 - 2 teaspoons pepper
 - 1 1/2 cups beer
 - 4 vidalia or red Onion (sweet is important)

Flour Mix-

- 2 cups flour
- 4 teaspoons paprika
- 2 teaspoons garlic powder
- 1/2 teaspoon pepper
- 1/2 teaspoon cayenne pepper
- (Combine and mix well)

Creamy Chili Sauce-

- 2 cups mayonnaise
- 1 pint sour cream
- 1/2 cups chili sauce
- 1/2 teaspoon cayenne pepper
- (Combine and mix well)

Mix cornstarch, flour, and seasonings until well blended. Add beer, mix well. Cut about 3/4 inch off top of onion and peel. Cut into onion 12 to 16 verticle wedges but do not cut through bottom root end. Remove about 1 inch of petals from center of onion. Separate the onion petals just slightly, too much will destroy the onion. Dip onion in seasoned flour remove excess by shaking. Separate petals to coat thoroughly with batter. Dip in batter. Dip in flour mixture again. Gently place in fryer basket and deep-fry at 375 to 400 for 1 1/2 minutes. Turn over, and fry an additional 1 1/2 minutes. Drain on paper towels. Place onion upright in shallow bowl and remove center core with circular cutter or apple corer. Serve hot with creamy chili Sauce.

Bud's Doggie Biscuits

- 1 1/2 cups whole wheat flour
- 1 cup all-purpose flour
- 1 cup powdered milk
- 1/3 cup bacon grease *can substitute Beef fat or Chicken fat
- 1 egg - lightly beaten
- 1 cup cold water

In a bowl, combine flour and milk powder. Drizzle with melted fat. Add egg and water; mix well. Gather dough into a ball. On floured surface, pat out dough. Roll out to 1/2 inch thickness. Cut into desired shapes. Gather up scraps of dough and repeat rolling and cutting. Bake on un-greased baking sheets in 350 degree oven for 50 - 60 minutes or until crispy. You can store these in the fridge. I thought I would include this because of all the horror stories surrounding rendering plants. Now you can make a healthier substitute that your dog will love you for and if worst comes to worst you can munch on these yourself.

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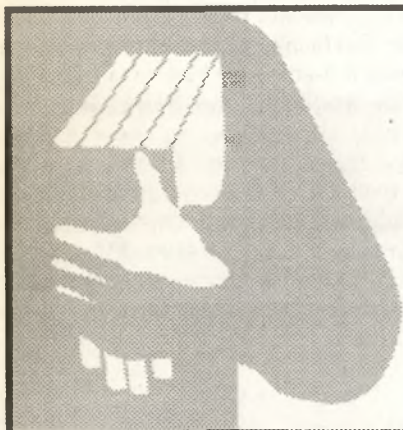
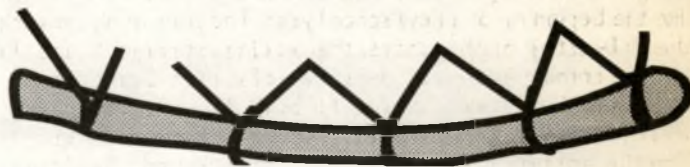
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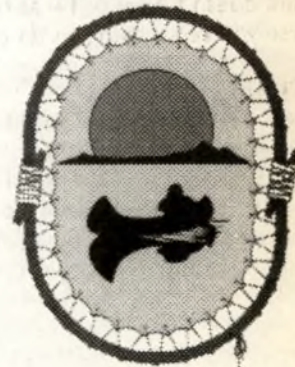


We would like to take this
opportunity to wish
all of this year's students
throughtout the Cree Nation
the best of luck
during the
2001-2002 school year



The Chief, Council, Staff and members of the Cree Nation of Nemaska would like to take this opportunity to *wish all of this year's students* throughout the Cree Nation *an enjoyable & challenging new school year*

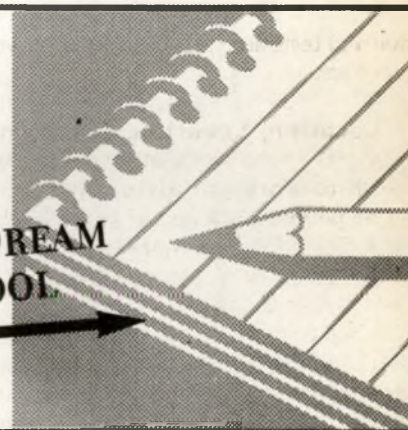
YOUR STUDIES EQUALS OPPORTUNITY



CREE NATION OF
WEMINDJI

*We would like to wish all returning students
the best of luck during the new school year*

**FOLLOW YOUR DREAM
STAY IN SCHOOL**



Z-Man's Back To School Tips



With the days getting shorter and the nights getting colder, one can't escape the inevitability of summer's end. A funny thing about endings is that they tend to signify new beginnings, like the beginning of a new school year. The piles of homework, the skill-testing math quizzes, the reading assignments and the like are coming as sure as the snows of winter. Don't panic.

As a former student who did it both the hard way (mostly) and the easy way, I'm willing to let you in on some inside secrets. The tips are not listed in order of importance and they're not guaranteed to turn you into an A+ student overnight, but if followed they should make the scholastic road a little smoother. School doesn't have to be as hard as rocket science – unless of course you're studying to be a rocket scientist.

Timing Is Crucial

The adjustment can be difficult when the carefree days of summer give way to scheduled classes, a return to routine and, worst of all, deadlines. The trick here is not to fall behind early or you'll find yourself playing catch-up for the rest of the school year. I spent years developing elaborate stories to get extensions on my assignments. The longer I put off the work, the more heavily it weighed on me. I can't stress strongly enough the importance of not falling so far behind that your pile of homework begins to resemble something on the scale of Mount Kilimanjaro. Make a work schedule and stick to it. Be sure to put aside a couple of hours each day during which you can tackle your homework uninterrupted. It's not a bad idea to use an agenda to mark down important dates when projects are due and tests are given. *I forgot* are two words that don't impress teachers.

Location, Location, Location

It may sound ridiculously simple, but finding a good space in which to work can make a difference on your study habits. Some people work better at the kitchen table than they do at a desk. Some folks get more work done in the library, while others prefer to study in the comfort of their favourite chair. If you find you are too easily distracted you might need privacy to get your work done. Experiment a little and find a location that is best suited to your own particular needs. For example, my best ideas come to me when I'm away from my desk, so I keep a small notebook with me to jot notes down wherever I am. If you find yourself staring at a blank page suffering from writer's

block you might consider taking a walk to clear your head and let your thoughts flow a little more easily.

Repetition Is Good For The Soul (?)

I had a teacher who used to say this all the time. I'm not exactly sure whether it's good for the soul, but I do know that repetition is good for the memory. In school, as with anything else in life, practice makes perfect (or near perfect). With reading assignments, for instance, it's never a bad idea to read the material once without taking notes. When you read things over a second time you'll be more familiar with the material and will take better notes. Good clear notes are a valuable resource when it comes to reviewing material and you'll thank your lucky stars that you have them when exams roll around. Everyone develops their own note taking style, so try a few methods to see which one works best for you. Markers, highlighters, post-it notes . . . use whatever works for you. might be a handy tool to help key points stand out on a page. No amount of note taking can replace what your teacher is telling you to focus on in class. If the teacher has put something on the blackboard, or has repeated a key point, take note. If your teacher begins a sentence with "this will be on the exam," **take notes!**

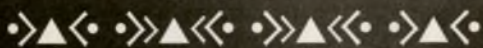
Don't Be Shy

If you don't ask questions you won't find any answers. Don't be afraid to raise your hand and ask the teacher to explain what you don't understand. You're not supposed to know all the answers, which is why you're in school in the first place. Your classmates don't know it all either – trust me on this one. When asking questions in class you are probably no different than most of your fellow students except that you're willing to stick your neck out there to find the answers. A classroom is a place where information should be shared and this is something that can't be done in silence.

A Mind Is Like A Parachute: It Won't Work If It Isn't Open

The key here is to keep your options open. It is easy to convince ourselves that we stink at math, that we don't get science, and that we'll never need to use geography in the course of our lives. You never know what you'll like and what you can be good at unless you try it. If you have access to mind-expanding tools, such as books, libraries, and computers, use them – they won't bite.

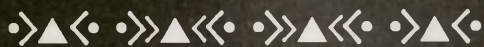
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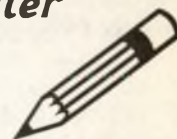
On behalf of the Cree Nation of Ouje Bougoumou
we join your family and friends in wishing you all
the best in your studies
during the 2001-2002 school year.



The future is yours... if you want it!



Bye bye Brian
Brian Brousseau our
Eeyouth writer
will be missed
We wish you the best
for the future



RAM Page

COSSACK-EUROPEAN WARS BY STRATEGY FIRST

The name Cossack derives from the Turkic word "kazak," which means "free man" or "adventurer." Indeed, the Cossack's life was quite an adventure: this sub-ethnic group was formed and shaped in never-ending wars and conflicts.

From the 16th through the 18th century the Cossacks were one of the most feared peoples. You get to enter that time and become one of the emerging powers of Europe. As far as power goes you can become one of 16 nations. How's that for variety? But it isn't over yet because the engine that runs Cossacks game strategy allows you to have up to 8,000 units. Now that's power both on the battlefield and on the computer. I was impressed with the totally awesome choices of technological advances and what they led to. This is no *Warcraft* or *Red Alert* where a few choices (at least it seemed like that) made a lot of head way. You had to choose what you wanted to develop and your choices could cost you your nation. It is difficult to master, but in the mastering you will gain knowledge of history and all that goes with it. You will understand how we came to where we are today. It makes learning fun. You will learn history and you will learn strategy. You have no choice if you wish to win. It is a game that will captivate you with its intricacies.

KILLING CLIPPY AND HIS FRIENDS

You know what bothers me? It's that damn office assistant that Microsoft seems to think that I need forever bothering with his desire to help. I'd like to terminate his butt and I asked some friends about how to do it. I mean as soon as that annoying Office Assistant pops up, we push the X to get rid of him.

Now you can always uncheck the box under Assistant capabilities in Clippy's Options dialogue. With Microsoft's persistence he'll probably find a way around that one. There's a better way, a permanent way.

If you want to be blessed with an absence of Clippy, just open Windows Explorer and browse to the Microsoft Office\Office\Actors folder. Right-click and rename the Actors folder. (You can also achieve the same purpose by removing any of the files within the Actors folder that have an .ACT extension—it's up to you). Now when you open Excel (or other MS Office documents), any task that would have normally triggered the Office Assistant can be performed without his unwelcome bid for a job.

TEACH WINDOWS TO USE RAM RIGHT

The vcache is a weird creation of Windows. Once upon a time, the Microsoft Elflords decided that it would be a good idea to split the system memory of the computer into two parts—storage and cache. Storage (RAM) is the data that needs to be available to the programs that are currently running. The cache, referred to as vcache,

is a section of memory that holds disk cache information. The peculiar thing about this is that storage and cache can't share the same RAM, but they can end up having the same data. Windows does a poor job of flushing out the vcache when it is finished with data and this tends to eat up resources.

By manually controlling the size of its vcache in Windows, we can force it to clean out the cache to make more space, then more programs to stay in memory speeding up the system. The easiest way to do this is to use a free program called Cacheman by Outer Technologies. After downloading and installing Cacheman, there are five cache settings that can be changed.

Minimal Disk Cache

This setting determines the initial size of the disk cache for your system. We recommend setting this to one half the value of the maximal disk cache. There is another approach, in which the user sets this value to the same value as the maximal disk cache (disabling any kind of resizing of the cache by the system). Try both and see which one is better for you. If you don't notice any difference, use the first method.

Maximal Disk Cache

This setting determines the maximum amount of the disk cache. To determine the best setting, use the following equation: System RAM (in megabytes) / 8 = Maximal Disk Cache

For instance, if you have 128MB of RAM in your system, you should be setting the maximum disk cache to approximately 16MB. Cacheman only accepts values in kilobytes. To determine how many kilobytes are in the megabyte value you are entering, use this equation: Cache in kilobytes = Cache in megabytes x 1,024

For example, 16MB is 16,384KB.

Chunk Size

This setting determines how large the allocation table chunks are within the disk cache. A smaller setting allows for a more efficient use of memory, but a larger setting is faster. Usually, the best settings for Chunk Size are 128KB and 256KB. Try both, observe both game and application performance and choose whichever one is best for you. If you don't notice a difference, go with 256KB.

Name Cache and Directory Cache

These caches determine how much file information is stored within your RAM at any given time. Generally, it's best to set these to the highest values allowed by Windows (push the sliders all the way to the right). If this causes problems for you, you can set them back to the standard Windows settings: 4,096KB for the name cache and 96KB for the directory cache.

KEEPING AN OPEN MIND

There are many differences between life in First Nation communities as compared to living in the non-Native world. One thing I notice is how badly the non-Native world treats those people who are different or who may have mental problems in a negative way. I notice in the cities and even small towns that people who stand out and are not part of the norm are either set aside and ignored or discriminated against.

In big cities like Toronto, Vancouver and Montreal I have seen so many people standing on the street corners begging for money, living under bridges and rummaging through garbage. In the non-Native world there is no place for those who do not fit in. We are very hard on people with addictions, mental problems and dysfunctions. As part of a visible minority I get treated differently than my Caucasian friends. It is sad but true. When I am traveling and checking into a hotel or motel the first reaction from the people at reception is always cool but if one of my white Caucasian friends is booking the room, everyone is all smiles.

In Native communities people who are different are accepted for who they are. I know that when I was growing up in Attawapiskat, it was normal to see people who were different more or less fit into the community. Granted these people usually got nicknames, but that was mainly done in good humour. People in my community did not totally ignore or push aside those who were different or less fortunate. I grew up being comfortable in accepting those who were different from the norm. I learned that everyone has a gift and also a place in the community. Don't get me wrong, I'm not saying that life was perfect back home. There was a lot of chaos as a result of addictions and dysfunctions, but there was also a lot of humanity.

Perhaps my experience as a visible minority has taught me what it is like to be discriminated against. In turn this has made me more sensitive to those who are not part of the norm. I have discovered that there is a very fine line between what is normal and what is not normal. As a visible minority I have often been discriminated against because of the colour of my skin. One thing I really don't understand and find quite hilarious is the fact that thousands of Caucasian people spend a great deal of money and travel great distances to get nice brown tans. How is it that the fact that I was born with a tan rates me a little lower on the social totem pole? If you really think about it, most of the prejudices that we have are based on ignorance, fear and insecurity.

I know many good people who still somehow think that they are better than others. These are intelligent people who should know better but the fact is they have never had the experience or education to provide them with a different view. More and more I see cultural awareness and sensitivity being taught in school and I think this is great. Perhaps this should be expanded to cover all forms of discrimination. We don't just need smart people, we need smart, kind people to make this world a better place.

CLASSIFIEDS

100 - Births

We would like to wish our cousin Garrett a happy 3rd birthday on August 29, 2001 in Ojay. Hope your day is as special as you are and wish you lots of love and happiness. From your cousins in Wemindji: Brayven and Breena Geo-kish

I would like to wish a happy birthday to a very special girl her name is Cindy Cookish, i hope your day will be special as you are. From Jamie.

On August 3, a sweet boy by the name of Charlie Iserhoff celebrated his 4th birthday. May you celebrate more birthdays and good luck in your 1st year of school. Listen to your teacher and have fun with your classmates. Happy Belated, Charlie and many many many more to come. xoxoxo with love, Stephanie

We would like to wish a HAPPY BIRTHDAY to Benjamin Aaron Voyageur on August the 26th. Ben, although we're never there for your birthday, we never forget it!!! With much love from all of us at Impasse de la Roseaie, Hull.

Happy Birthday to "Blando" (Brandon S) who'll be turning 9 on the 2nd of Sept. And to my beautiful daughter, Mary-Lee, who'll be turning 7 on the 13th of Sept. Love, Mom and Dad

(Vicki and Don) We love you both so very much!

Happy Birthday to Mary M. Rabbitskin on August 27 in Mistissini. May God richly bless you as you begin another year with Him and hope to see you in Val d'Or for the Women's Retreat. From your Secret Sister.

103 - Anniversaries

We would like to wish three happy anniversaries. My wonderful parents, Matthew & Mary Loon on Aug.27; Sandy & Faith Coon Come on Aug.27; and Richard & Jeanette Shecapio on Aug.29. Have a wonderful lifetime together and may God bless your marriages and your children. Let your love grow each day, until death do us part. We wish you love and happiness. With love, Louie & Gretta Kristy-lee Diamond

We would like to wish Robert and Mary Baribeau a happy 12th anniversary on the 1st of September. May your marriage be blessed with many more anniversaries. We wish you love, happiness, and laughter in your marriage and with your children. We will always be there for you guys and the kids. With love, Mom Eva, Stephanie, and Frances xoxoxo

I would like to wish my friend Nathalie and her husband Richard a happy 2nd anniversary on July 31st. May your marriage be blessed with more anniversaries and lots of babies... I wish you all the best in your tiny family. With love in friendship, Stephanie.

Happy 8th Anniversary to Clarence & Martina Williams who celebrated on

August 26. "I am in the Jail house now" Coming from Your sister... (Moosonee)

300 - Personals

Somebody once told me 'I love you' and promised 'I'll never hurt you again.' But everything was a lie. No one has hurt me as much as this person did. I have been hurt many times by many men since I was a child and I didn't expect it from a boyfriend, especially one who promised to love me. You know, that's what hurts the most. You tell them about your past experiences and they repeat them all over again. When I finally realized he wasn't going to stop all the pain, I let go of him. At first, he acted like he didn't give a shit, but then he begged me to come back. I guess it was because he knew no one could care as I

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CLASSIFIEDS

cared but then again, he blew it. I was in so much pain at the time that I didn't know what to do. Then, all of a sudden out of nowhere, I met someone. 'An angel of mine.' He was so true to me that he kissed all the pain and anger away. I'll never forget the day when this person walked into my life. And I'd like to thank this person for saving me from my past and for being true to me.

To my ex-boyfriend in Chisasibi. Many days go by and I still think of you. Many times I'm in GS's arms and fantasize about you. Sometimes I wish you were still here, but right now, it's impossible. Someday we'll be together again, because you are more true to me than

anybody else. I miss you.
Love, Paule M. (xox)

Audrey Parent fro Paris, 17 years old, is looking for pen pals. email: audreyparent@yahoo.com
2295 Madison apt. 92 Mtl H4B 2T5

I'd like to say a big Hello to the sweetest girls I know, Amanda and Karly

Blackned in Waskaganish. I miss you girls so much since you've been gone back home. Take care of each other and your little brother. Call me sometimes mommy can show you how to do collect. Or e-mail me if you can, I showed you that Karly. Hope you remember. Enjoy your school year girls!! From your auntie in OJ

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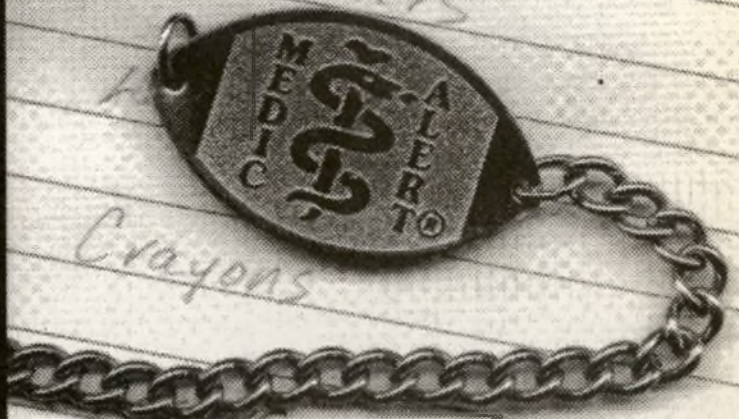
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